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CANNING SURPLUS VEGETABLES

The history of vegetable canning goes back only a little over a century.

Yet in that time even home canning has become scientific, explains _____
(Name)

_____, _____
(Institution) (Place)

For homemakers who want to be sure of their methods in canning vegetables, the Federal Bureau of Home Economics gives certain general rules. First of all, be sure your vegetables are fresh. They lose flavor and goodness when they are held over for any length of time. Also be sure to use good quality vegetables, because a bit of decay may spoil an entire batch.

Precook vegetables and have them hot when they go into the cans or jars. Precooking shortens the time of processing, and also saves the bother of "exhausting" the cans to get out the air before sealing them.

Fill only as many jars or cans as you are able to process at one time. If the cans of warm vegetables are allowed to stand long before processing, the bacteria in them will multiply very rapidly.

Use a steam pressure canner for peas, corn, snap beans, lima beans, and all nonacid vegetables. The only way to be sure of killing all the bacteria in these vegetables is to raise the temperature to 240° to 250° F.

Be sure to label each can or jar and to keep complete records of each batch--the kind of food, the date canned, and the method of processing. Then if anything goes wrong, you can trace back and find the cause of spoilage.

Do not guess at the time or temperature for processing. You'll find a complete timetable and exact directions in Farmers' Bulletin No. 1762, Home Canning of Fruits, Vegetables, and Meats. This bulletin is available free through the United States Department of Agriculture in Washington, D. C.

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